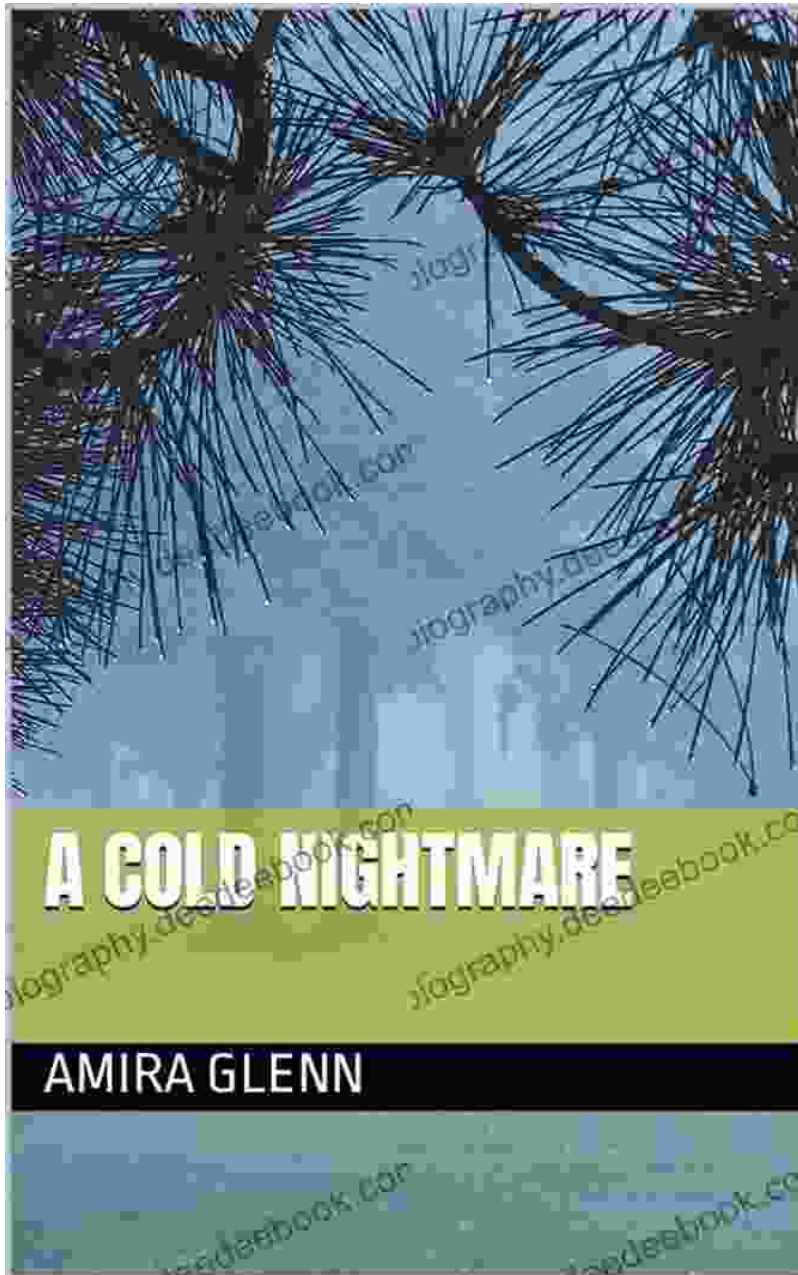


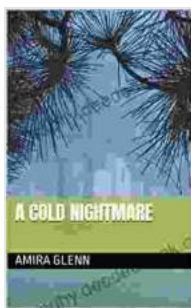
# **The Cold Nightmare: Amira Glenn's Courageous Journey Through Darkness and Towards Recovery**



**Amira Glenn's Harrowing Journey Through Addiction, Abuse, and  
Redemption**

Amira Glenn's memoir, *The Cold Nightmare*, is a harrowing and ultimately inspiring account of her journey through addiction, abuse, and redemption. Glenn's story is a reminder that even in the darkest of times, there is always hope for recovery.

Glenn's addiction began in her early teens, when she started experimenting with drugs and alcohol. By the time she was in her early 20s, she was a full-blown addict, struggling with addiction to heroin, cocaine, and alcohol.



### **A Cold Nightmare** by Amira Glenn

★★★★☆ 4.4 out of 5

Language : English  
File size : 2991 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 25 pages  
Lending : Enabled



In addition to her addiction, Glenn also suffered from severe mental illness. She was diagnosed with bipolar disorder, borderline personality disorder, and PTSD. These conditions made it even harder for her to break free from her addiction.

For years, Glenn struggled to get clean. She went to rehab several times, but always relapsed. She lost everything - her job, her apartment, her relationships. She was homeless and living on the streets.

But even at her lowest point, Glenn never gave up on herself. She knew that she had to keep fighting, no matter how hard it was.

In 2014, Glenn finally found the help she needed. She went to a long-term residential treatment program, and this time, she was determined to stay sober.

Glenn spent two years in treatment, working hard on her recovery. She learned how to manage her mental illness, she developed coping mechanisms for her addiction, and she built a support system of people who believed in her.

In 2016, Glenn graduated from treatment and moved back into the community. She has been sober ever since.

Glenn's recovery is a testament to the power of perseverance. She never gave up on herself, even when it seemed like all hope was lost. She fought hard for her recovery, and she won.

Glenn's story is an inspiration to anyone who is struggling with addiction or mental illness. It is a reminder that recovery is possible, no matter how difficult it may seem.

### **The Importance of Sharing Our Stories**

Glenn's decision to share her story is an act of courage. She is using her voice to help others who are struggling with addiction and mental illness.

By sharing her story, Glenn is helping to break down the stigma surrounding addiction and mental illness. She is showing others that it is possible to recover, and she is giving them hope.

Glenn's story is a reminder that we are all connected. We all have our own stories to tell, and by sharing them, we can help each other to heal.

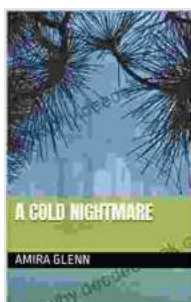
## How to Get Help

If you or someone you know is struggling with addiction or mental illness, there is help available. Here are some resources:

\* The National Drug Helpline: 1-844-289-0879 \* The National Suicide Prevention Lifeline: 1-800-273-8255 \* The National Alliance on Mental Illness (NAMI): 1-800-950-NAMI (6264) \* The Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-662-HELP (4357)

You can also find help online at the following websites:

\* The National Institute on Drug Abuse: <https://www.drugabuse.gov> \* The National Institute of Mental Health: <https://www.nimh.nih.gov> \* SAMHSA: <https://www.samhsa.gov>



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